

# Sports Medicine Curriculum

## 1<sup>st</sup> Semester

### Athletic Training Profession

- What is an Athletic Trainer?

### Aspects of Administration and Professional Development

- Legal/Ethical issues, documentation, PREMIER model

### Introduction to Anatomy

- Anatomical position, terminology, movement terms

### Basics of Tissue Injuries

- Soft tissue vs. bone

### Communicable Diseases

- Blood-borne pathogen prevention

### Primary and Secondary Procedures

- Emergency procedures, ABC's, secondary assessment

### Patient Assessment and Treatment Methods

- Assessing athlete, treatments, modalities

### Foot, Ankle, and Lower-Leg Injuries

- Anatomy, prevention, assessment and treatment

### Knee Injuries

- Anatomy, prevention, assessment and treatment

## 2<sup>nd</sup> Semester

### Hip Injuries

- Anatomy, prevention, assessment and treatment

### Shoulder Injuries

- Anatomy, prevention, assessment and treatment

## Elbow Injuries

- Anatomy, prevention, assessment and treatment

## Wrist and Hand Injuries

- Anatomy, prevention, assessment and treatment

## Head and Facial Injuries

- Anatomy, prevention, assessment and treatment

## Spine Injuries

- Anatomy, prevention, assessment and treatment

## Nutrition and Weight Control in Athletics

- Nutrients, eating disorders vs. disordered eating

## Reconditioning Programs

- Strength and conditioning principles

## Psychology of Sport